What you should have:

* A sleeping bag or sheets for a twin bed. (If you can bring a sleeping bag, though, do; really it’s better)
* Sunscreen
* Raincoat/Poncho (you can pick these up for $1-2 @ Target)
* 1 pair tennis shoes
* 1 pair sandals
* 1 long sleeved t-shirt
* 2 short sleeved t-shirts
* 2x socks and underwear
* 1 pair of long pants
* 1 extra pair of shorts (athletic shorts are great because they dry quickly)
* Travel size:
  + Tooth paste
  + Tooth brush
  + Shower gel
* DEODORANT

Nice to have:

* Bug spray
* Pajama pants (if you are often cold at night)
* Tissues
* A book, magazine or journal
* A hat
* Sunglasses (the least nice pair you’ve got)
* A swimsuit (only for showering…we won’t be swimming)
* A towel (a hand towel is best because it dries quickly and takes up almost no space)